

Yoga and Physiotherapy Congress

October 16-17, 2017 Chicago, USA



Julia Chung

Body & Brain Yoga, USA

Tongchun living: One-minute change to vitality and mindfulness

In this workshop, you will learn about how a simple change in your daily life can significantly improve your physical health and emotional wellbeing. “One-minute Tongchun” is a new brain education training method developed by Ilchi Lee, the founder of Body & Brain Yoga. By moving your body for one minute every hour, you can change your habitual patterns and learn to care about your body and yourself. You will experience the one minute change during the workshop, as well as take away practical tips and tools to build a new life transforming habit.

Biography

Julia Chung, Owner & Head Instructor, Body & Brain Yoga, USA. Julia Chung born and raised in Taiwan, a subtropical island located off the south eastern coast of mainland China. She do yoga & Taichi every day. In 2014, She opened a Body & Brain Yoga studio. It hasn't been an easy journey, while for the first time in my life, I feel alive. Through mindfulness, She found my true essence in my brain. I am passionate in sharing this ancient Eastern mindfulness training methods with children and adults, for better health, happiness and peace.

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